

DEBT WORRIES?

We'll help you find the right solution to alleviate financial stress.

902 425 3100

BDO Canada Limited

Trustee in Bankruptcy | Credit Counsellors | Proposal Administrators

www.bdodebthelp.ca



BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP is a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.



Standing guard

Grand Parade Remembrance Day ceremony brings back painful memories **PAGE 4**

SHOWING YOU WHO'S THE BOSS

AUTHOR TEMPERS INNER FAN BOY TO UNEARTH IMPERFECT ROCK STAR **PAGE 14**



HALIFAX

metro

®

Tuesday, November 13, 2012



News worth sharing.

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax

Moncton fumbles Uteck Bowl

Halifax-bound? It's unclear whether national football semifinal will return permanently to Saint Mary's



MATTHEW WUEST

matthew.wuest@metronews.ca

The Uteck Bowl's time in Moncton has been abruptly cut short and Halifax is in the mix to get it back.

Atlantic University Sport executive director Phil Currie said Monday the 2013 and 2015 Canadian Interuniversity Sport football semifinal will not be played at Moncton Stadium as previously planned because the 2011

event fell short of its financial targets.

"We had a clause in the agreement that if things didn't work out financially, we had the option of not returning," Currie said. "It's unfortunate, but it's a reality."

The 2011 Uteck Bowl, held on a Friday night between Acadia and McMaster, drew around 3,300 fans, Currie

said.

Halifax's Huskies Stadium had hosted the Uteck Bowl every other year since its creation in 2003 before AUS shifted it to Moncton. Prior to that, the Atlantic Bowl national semifinal had been held at Huskies Stadium for three decades.

A decision has not been made on where the 2013 and

Host yet to be decided

Phil Currie said a decision on who will host the 2013 and 2015 events won't be made until at least February.

2015 events will be played. Currie said it will either re-

turn permanently to Huskies Stadium or be played at the home field of the AUS champion.

Saint Mary's, St. Francis Xavier, Acadia and Mount Allison are the conference's four member teams.

"I believe you could host this at X, at Acadia, just as effectively as at Saint Mary's," Currie said.



RIDER ON THE WARM WATERFRONT

A cyclist is reflected in the Nova Scotia Power building, as he heads out for a ride on the Halifax waterfront on Monday afternoon. Temperatures were unseasonably warm on Monday, reaching up to 16 C.

JEFF HARPER/METRO

Team Trudeau turns to Obama playbook

Liberal leadership contender seeking winning lessons from U.S. Democrats **PAGE 9**

Huskies getting pumped for next year

Rough season hasn't put head coach off plans to come back fighting **PAGE 27**



LASIK MD
VISION

FREE Consultation

1-866-999-0435 • lasikmd.com

LASIK NOW, PAY IN 2014!*

\$0 DOWN \$0 PAYMENTS \$0 INTEREST

LIMITED TIME OFFER!

LASER VISION CORRECTION
Starting at

\$490 /eye*

Blade-Free All-Laser LASIK Available



Dr. Christopher S. Jackman
MD, FRCSC
Over 25,000 procedures

*Subject to Desjardins Card Services credit approval. Patients must reserve their procedure for surgery by February 28, 2013. Offer is only available to patients who are eligible to be selected for Custom LASIK on both eyes only. Cannot be combined with any other offer, discount or promotion. Price is based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.

Double your DND Discount at MacPhee Chev!

NOW **\$1000 OFF** & ONLY AT MACPHEE CHEV
There's *More* to MacPhee

LIMITED TIME OFFER

MASSIVE MODEL YEAR END EVENT

NOW BIGGER THAN EVER!

NEW & USED VEHICLES

3 WAYS TO SAVE NEW LOWER PRICES • NEW FINANCING FROM 0% • NEW LEASE RATES



2012 CHEV CRUZE LS

10 air bags • OnStar • 160,000km Warranty
Award Winning - Fuel Efficient Sedan!

LS models from:

\$93 PLUS **0%** FINANCE!
biweekly*

Upgrade to Cruze LT for \$25 biweekly more & get:

1.4L Turbo • Automatic • Power windows, locks and mirrors •
USB port • Bluetooth • Steering wheel audio controls • Drivers
Info Centre • remote keyless entry.

Stk# 12-2693

HAVE YOU CHECKED OUT OUR NEW WEBSITE? VISIT: WWW.MACPHEECHEV.COM



636 Portland St
Dartmouth, NS
Ph: 902.434.4100
www.macpheechev.com



*Payments are based on 84 month terms at 0% Financing, freight is included in the payments, based on \$0 down and the payment is plus tax, oac. All rebates assigned to dealer. For a limited time. Vehicles may not be exactly as shown.

HRM news. District name changes could be coming

What's in a name? For some on HRM council, plenty.

During Tuesday's council meeting, Coun. Russell Walker will ask for a staff report about the renaming of the new council districts.



Russell Walker
METRO FILE

The Nova Scotia Utility and Review Board decided on the names of the new 16 districts when it reduced the council

size by seven seats this year. Walker, for one, is on the fence about whether his district's name — Birch Cove-Rockingham-Fairview — best reflects the area he serves.

"If anybody is looking to change the name of their district, now is the time to do it," Walker said. "If everyone is happy, we're A-OK, but if you think your district is not what it is — the name — then now is the time to do it."

Coun. David Hendsbee of Preston-Porters Lake-Eastern Shore wants his changed. He would like to take out Porters Lake and replace it with Chezzetcook.

"I think it's important to represent the culture significance of the area," Hendsbee said. "The Acadian influence is one that shouldn't be neglected."

PHILIP CROUCHER/METRO

We want your opinion

What do you think about your council district's name?

- Answer our poll by clicking on this story at metronews.ca.



A balmy day for the return of an old friend

The coast guard ship Sir William Alexander heads past some onlookers on the Halifax boardwalk on Monday as it heads into the harbour. JEFF HARPER/METRO

New council is ready for action

City hall. Recently elected smaller body faces light agenda on Day 1

That's politics



"Whether 23 or 16, you have a lot of strong personalities and a lot of competing interests."

Coun. Tim Outhit



PHILIP CROUCHER
philip.croucher@metronews.ca

It's a new council, but whether it's improved remains to be seen.

The era of a 16-member council begins on Tuesday afternoon with the first actual meeting since the Oct. 20 election.

The consensus seems to be

that having seven fewer councillors at the table will make meetings run more smoothly, with less grandstanding and a better focus on the issues at hand.

"I'm just hoping it's going to make us act a bit more big-picture and a little less parochial," said Bedford-Wentworth Coun. Tim Outhit, a strong

supporter of the council being reduced to 16 from 23.

"There was a lot of parochial thinking and a lot of finger-pointing going on over sprawl, that sort of nonsense. I'm not interested in causes, I'm not interested in blame — I'm interested in solutions and moving forward."

Of the 16 councillors, three

are new: Wayne Mason (District 7), Matt Whitman (District 13) and Steve Craig (District 15).

And, of course, one can't forget about the new man in the big chair as Tuesday marks Mayor Mike Savage's first time leading a meeting.

"We have to be patient with him as (he) learns the ropes and procedures," Coun. David Hendsbee said.

Added Coun. Russell Walker: "It's far different from Ottawa, to be honest with you."

Council will meet at the World Trade and Convention Centre at 1 p.m. Ongoing upgrades to the council chambers at city hall are expected to be completed by January.

1 NEWS

Be Inspired By
Homes
FOR THE HOLIDAYS

A holiday house tour
brought to you by



**JUNIOR LEAGUE OF
HALIFAX**
Women building better communities®

Visit beautiful distinguished homes decorated in
Christmas splendor by local decor consultants.

Friday, Nov. 23rd 1pm to 9pm

Saturday, Nov. 24th and Sunday, Nov. 25th 11am to 5pm

1655 Beech Street
5855 Inglewood Drive
1990 Woodlawn Terrace

Nov 23 - 25 • \$20 in advance, \$25 at door • www.JuniorLeagueofHalifax.org



Members of the colour guard attend Remembrance Day ceremonies at the Grand Parade in Halifax on Sunday.

ANDREW VAUGHAN/THE CANADIAN PRESS

'I think you learn to live with it but you never get over it'

Lest we forget. Local veteran coming to terms with war experience finds therapy in pain of Remembrance Day



ANDREW RANKIN
andrew.rankin@metronews.ca

Sunday's Remembrance Day ceremony at Grand Parade was just the second service retired Master Cpl. Scott McKinley could bring himself to attend since his six-month tour in Afghanistan six years ago.

"For a time it was just too painful, you know," said the 33-year-old Canadian Army veteran. "I have friends who still can't bring themselves to attend a Remembrance Day ceremony."

The Grand Parade ceremony that drew hundreds was his second straight. Three weeks out of the military, he's come a long way.

But the symbolic cannon fire and gunshots that sliced through Sunday's crisp fall air, brought him right back to the chilling battlegrounds.

His mind quickly turned to his closest comrades, including Capt. Nichola Goddard, who was killed in action. She was always upbeat, always smiling, he said.

He said this annual day of remembrance is a bit of therapy, offering him a chance to share his stories and grieve with fellow veterans.

"I come out and you're prepared to deal with it, the memories. I think you learn to live with it, but you never get over it."

Second World War veteran Gerry Macdonald watched the service in a wheelchair, about 100 feet from the wreath-laden cenotaph. His mind was on his brother, who was killed in action.

"He's my hero," said Macdonald. "I'm glad that so many people came out

Quoted

"We have camaraderie. We're all veterans, we're all part of the same parade."

Master Cpl. Scott McKinley

today to watch such a beautiful ceremony."

Retired Royal Canadian Navy vice-admiral Duncan Miller attended the service to remember his grandfather Ernest Goldring, a First World War veteran who suffered from shell shock but lived to be 96.

His thoughts were also with his navy predecessors, who played a central role in ending the Second World War.

"I'm thinking of the HMCS Sackville, the last of the Flower-class corvettes, and the more than 2,000 people who lost their lives at sea in the Second World War," Miller said.

SATURDAY, NOV. 17 | 9AM-9PM

Join us for tax free shopping and fantastic prize giveaways. Enter for your chance to win a \$1,000 travel voucher from Flight Centre, a \$500 gift card from Charm Diamond Centres, or one of four \$100 Bedford Place Mall gift cards.

Bedford Place Mall
You'll find it here.

VISIT CUSTOMER SERVICE FOR COMPLETE DETAILS.

bedfordplacemall.com | f/BedfordPlaceMall | @BedfordMall

ALGONQUIN COLLEGE | Centre for Continuing & Online Learning

PERFORMANCE COACHING

FULL-TIME ONLINE / PART-TIME ONLINE



CHOOSE HOW YOU WANT TO CONNECT:

- Take a course
- Start a part-time online program
- Commit to a full-time online program.

Algonquin College's Centre for Continuing and Online Learning offers hundreds of programs and courses in a multitude of fields.

Winter classes start soon. Select your program today.

algonquinconnected.com/coaching

Cape Breton. Potential partner backs away from test well because of protests

A company looking to drill an oil-and-gas test well near Cape Breton's largest freshwater lake says it remains committed to the project despite the loss of a potential partner because of protests over the development.

Neal Mednick, president of Petroworth Resources Inc., said Monday the unidentified company was days away from a possible deal when it stepped away from negotiations about three weeks ago.

"One of the parties — the discussions were fairly advanced — decided to not proceed primarily based on, I guess, the rather vehement opposition," Mednick said from his office in Toronto.

Mednick said the Western Canadian company was in talks to be a farm-in partner, meaning it would pay for the cost of drilling the well near Lake Ainslie in exchange for a percentage interest in the property.

"There are other interested parties and we're hopeful we'll get a deal done, but it's an obvious setback," said Mednick.

"As discouraging as it is, we're still determined to get

Opposition

Neal Livingston, a spokesman for Margaree Environmental Association, said Monday that news of a potential partner backing away from the project was a victory for his group.

the well drilled."

Opponents who say they're concerned about possible groundwater contamination from the project have staged protests and even taken their fight to the Nova Scotia Supreme Court.

A citizens group launched a judicial appeal earlier this year in hopes of quashing the drilling permit granted to Petroworth Resources.

But the court dismissed the bid in August, concluding the minister acted fairly and the group was not denied an opportunity to voice its concerns.

The provincial government later granted Petroworth Resources a one-year extension of its drilling permit. It now expires July 15, 2013.

THE CANADIAN PRESS



Winning more than a court battle

Dennis Manuge of Porter's Lake wears his recently returned military medals at the Royal Canadian Legion in Lower Sackville on Friday. Manuge sent his medals to the Governor General several years ago during his protest against the clawback of long-term benefits for veterans. Manuge, lead plaintiff in a class-action lawsuit between disabled veterans and the Government of Canada, asked for them back after winning the court battle earlier this year. ANDREW VAUGHAN/THE CANADIAN PRESS

Liverpool

RCMP investigate fatal collision

RCMP in Nova Scotia are investigating a fatal crash on a highway.

Police say the crash happened around 4 p.m. on Highway 103 near Liverpool.

They say a car travelling eastbound crossed the centre line and collided with a large truck. The driver of the car, a man, died.

Police have not released the name or age of the victim. The cause of the crash is under investigation.

THE CANADIAN PRESS

New Waterford

Structure fire suspicious: Official

Cape Breton fire officials say a structure fire in New Waterford over the weekend is suspicious.

On Monday Nova Scotia Deputy Fire Marshal Doug MacKenzie was on scene investigating the cause of the fire, which broke out in the split-level house on Sunday. Fire Chief Lenny Barrington says there was substantial damage to the structure.

CAPE BRETON POST



Street Leaf Clean-up Begins

On Tuesday, November 13th, HRM Transportation and Public Works will begin its annual street leaf clean-up program.

For approximately four to six weeks, leaf removal will be completed on heavily treed streets in areas of peninsular Halifax and downtown Dartmouth as required.

HRM residents are encouraged to manage fall leaves on their property by mulching, mowing or composting on site. Excess leaves and yard material can be placed by your green cart on collection day for curbside pick up.

For curbside pick up of leaves: up to 20 bags can be put out on collection day in colourless clear, orange plastic or heavy paper bags. Each bag must weigh no more than 25kg (55lbs).

For curbside pick up of yard material: up to 5 tied armful bundles of branches can be put out on collection day. Each bundle must weigh no more than 34kg (75 lbs). Bundles can be a maximum of 4 feet in length and 8 inches in diameter.

Please do not sweep or deposit leaves in the gutter or roadway. The potential for street flooding is greatly increased when catch basins are clogged with leaves.

For more information, please visit halifax.ca/recycle or call 311.

We Can Help!
3-1-1
HRM SERVICES

HALIFAX
REGIONAL MUNICIPALITY



BECAUSE SHE'S STILL YOUR BABY

You'll always want what's best for her. When it comes to driver training you'll want to choose Young Drivers of Canada. YD teaches more than just the basics. With YD's Collisionfree! Approach to Driving™, you'll know that she has been through the safest and most effective driver training available. Of course you'll still worry...just a lot less.

Prepare for the road ahead.

For more details or to enroll online, visit www.yd.com or call 425-1322.

NEXT COURSE DATES:

Halifax - Nov. 14th Evenings

Nov. 17th Weekends

Dartmouth - Nov. 24th Weekends

Lower Sackville - Nov. 24th Weekends

GDL Exit Dartmouth - Nov. 17th Saturday



YOUNG DRIVERS®

ISO 9001:2000
Registered

Puppeteer accused of underage relations

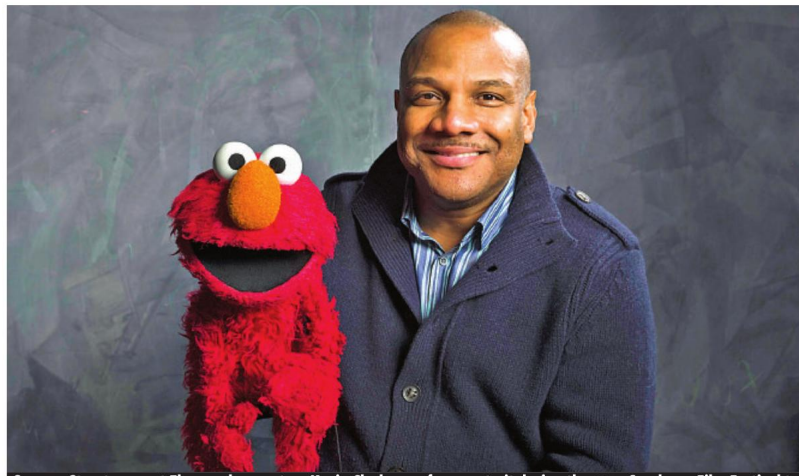
Elmo. Allegations were unsubstantiated, but Clash is taking a leave of absence from Sesame Street

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival to promote the film *Being Elmo in Park City, Utah*. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined

for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It

was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the northward passage of cocaine from South America.

to the current international system," Mexican President Felipe Calderon said.

Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels. THE ASSOCIATED PRESS

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary

act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison. About 40 members of IRA factions are imprisoned there. THE ASSOCIATED PRESS

SHOP • CA™

SHOP & EARN, EVERY TIME!™

SIGN-UP FOR FREE AT WWW.SHOP.CA & GET \$25 OFF ON \$100 PURCHASE.

FREE SHIPPING. **FREE** RETURNS.*

*Some conditions apply. Got great products to sell? Contact supplier@shop.ca

Argentina issues ultimatum over seized sailing ship

Ghana. Ship held over decade-old bad debt

Argentina will ask the International Sea Tribunal to order the release of a seized navy sailing ship in Ghana, the South American government said on Monday.

The ARA Libertad training ship was seized on Oct. 2 in the port of Tema as collateral for unpaid bonds dating from Argentina's economic crisis a decade ago. Foreign Minister Hector Timerman said if Ghana does not free the vessel by Tuesday, Argentina will appeal before the tribunal in Hamburg, Germany.

"The legal representatives of the Foreign Ministry are already in that city to begin the legal actions," Timerman said in a press conference.

Argentina had warned



The ARA Libertad was ordered seized last month. THE ASSOCIATED PRESS/FILE

Ghana that it would take the issue to the arbitration court late last month following a United Nations convention on the rights of the sea, Timerman said. It also asked the African country to immediately restore power and water services to the vessel.

Ghanaian port authorities shut off the water and electricity to the ship last week when Argentina refused to let

it be moved to a less-busy part of the port. Argentina's sailors pulled out rifles to prevent Ghanaian officials from boarding the vessel to move it.

"(Ghana officials) put a halt to this action and the calm has returned," Defence Minister Arturo Puricelli told reporters at the press conference. "But power and water services have not been restored."

Ghanaian Justice Richard Agyei-Frimpong ruled last week that the vessel should be moved because it is keeping other ships from berthing. Port officials say the port is losing tens of thousands of dollars per day in berthing fees.

The court ordered it held at port due to a court order in New York for Argentina to pay \$1.3 billion to a group of investors in the country's defaulted debt.

THE ASSOCIATED PRESS



Woman dragged away from pro-Tibetan protest

Indian police officers drag away a Tibetan Youth Congress (TYC) supporter as she protests outside the Chinese Embassy in New Delhi Monday. TYC supporters shouted anti-Chinese government slogans outside the embassy to show support for Tibetans inside China who have set themselves on fire in protest against the Chinese government. SAURABH DAS/THE ASSOCIATED PRESS

Cattle thefts

Bandits ambush Kenyan police, kill 34 officers

Suspected cattle thieves hid on a high hill and ambushed and killed at least 34 police officers

pursuing them over the weekend in northwestern Kenya, a gruesome and powerful attack on government security forces that an official said Monday highlights the need for more reforms in the police force.

The police were killed over the weekend after being ambushed by bandits from the

Turkana region who are suspected to have stolen another tribe's cattle.

The weekend slaughter raises concerns that Kenyan officials will not be able to stop violence if it breaks out during the country's next presidential election in March.

THE ASSOCIATED PRESS

THE VILLAGE SHOPS AT DARTMOUTH CROSSING

**DO YOUR HOLIDAY
SHOPPING WITH US!**

**NOVEMBER 12 - DECEMBER 22
AT THE VILLAGE SHOPS AT DARTMOUTH CROSSING**

*& You could win
1 of 5 ultimate gifts!*

Prizes

\$5,000 Village Shops Shopping Spree!

Free Gas for a year from Ultramar!
(RV \$2,500)

Chef's Night at your home from Moxie's Grill & Bar
(RV \$1,000)

Free Supreme Car Washes for a year from Ultramar
(RV \$750)

Prize Package from The Village Shops
including gift cards to Melanie Lyne, Laura Superstore,
Life SalonSpa and Tommy Hilfiger
(RV \$500)

Ballots are available at participating retailers. Draw will take place on December 24th, 2012.

LAURA PETTIT
Laura
LAURABUS INC.

ULTRAMAR

LIFE

TOMMY HILFIGER

MOXIE'S
GRILL & BAR

ALIA N TANJAY

MELANIE LYNE

Find us on
Facebook

dartmouthcrossing.com

Follow Us On
twitter

Visit us at dartmouthcrossing.com for Rules and Regulations.

Measure B. LA County vote requires porn stars to use condoms

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in LA's billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps

Industry fears losses



"The last time we attempted to go all-condom, our industry lost sales by over 30 per cent."

Porn star James Deen

this time next year, will he be making films like Atomic Vixens in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters. **THE ASSOCIATED PRESS**

Ikea

Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced

labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to 80s. **THE ASSOCIATED PRESS**

Decorated Indian sprinter charged with partner rape

XY intersex. While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm she's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

One of the charges

"Cohabitation caused by a man deceitfully inducing belief of a lawful marriage."

The wording on one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded she is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medical board said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE



Indian police on Monday charged Pinki Pramanik, an gold-medal-winning international athlete, with raping her former partner. **AP/GETTY IMAGES FILE**



FLIGHT CENTRE® Unbeatable

Airfares

Puerto Rico
from **\$415**

Toronto	from \$476
New York	from \$496
Orlando	from \$499
Cancun	from \$596
Las Vegas	from \$749
Edmonton	from \$788
Costa Rica	from \$829
Honolulu	from \$979
Paris	from \$1145
London	from \$1199
Sydney	from \$2079

USA

Orlando Family Special
Air + 7 Nights
from **\$579**

INCLUDES central accom with free transportation to major attractions.

Las Vegas Air + 4 Nights from **\$653**
INCLUDES accom on the Strip.

Miami Air + 3 Nights from **\$664**
INCLUDES North Miami Beach accom.

Boston Air + 3 Nights from **\$714**
INCLUDES Tremont accom.

Cruise & Stay

New Orleans
Air + 2 Nights + 5-Night Cruise
from **\$1119**
INCLUDES roundtrip airfare, French Quarter accom near Bourbon Street and cruise sailing round trip New Orleans visiting Progreso and Cozumel (Mexico).

All-inclusive Vacations

Cuba 7 Nights 4-Star
from **\$918**

Cozumel 7 Nights 4-Star from **\$929**

Puerto Plata 7 Nights 4-Star from **\$1027**

Jamaica 7 Nights 4-Star from **\$1236**

Mayan Riviera 7 Nights 4-Star from **\$1227**

Long Stay Vacations

Florida Air + 20 Nights
from **\$1639**

INCLUDES roundtrip Tampa airfare and beach accom.

Cancun Air + 21 Nights from **\$1699**
INCLUDES central resort-style accom.

French Riviera
Air + 21 Nights from **\$1929**
INCLUDES Nice area self-catering accom with full kitchen, near the beach.

Vacations

Costa Rica Air + 7-Day Car
from **\$889**

INCLUDES roundtrip San Jose airfare and 7-day car rental with unlimited mileage.

Prague Christmas Markets
Air + 7 Nights from **\$1654**
INCLUDES accom near the Novy Smichov shopping and entertainment centre. **BONUS** daily breakfast included. **UPGRADE** to 4-star accom from \$26 per night. **ADD** castle tour from \$59.

Canada

Vancouver Air + 3 Nights
from **\$759**

INCLUDES accom in the Entertainment District. **BONUS** daily breakfast included.

Toronto Air + 3 Nights 4-Star from **\$644**
INCLUDES central accom downtown. **UPGRADE** to 5-star accom from \$27 per night. **ADD** CN Tower entry from \$30.

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

Join our Insider Club for
hot deals. Text YHZ to
131 600

1 866 317 0963
850 Travel Experts across Canada.

LOWEST AIRFARE GUARANTEE
We'll beat any verified quote or you fly free!

All advertised prices include taxes & fees.

Conditions apply. Ex. Huflex. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, train, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air, 100+ per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. Price is per person based on double occupancy (2 adults & 2 kids ages 2-17). We will beat any verified quote or you fly free!

Trudeau's team looks to U.S. Dems for advice



Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Grit-leadership contender's campaign seeks out Obama's staff for lessons on winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

The outreach to the Obama campaign by the Trudeau team shouldn't come as much of a surprise.

Obama's senior strategist, worked a decade ago with Ontario Premier Dalton McGuinty, when the Liberal politician was still in opposition and looking for ways to take power from the Conservatives. And some of the top people in the Trudeau

leadership campaign, including Gerald Butts, also worked in the Liberal leader's office when Axelrod was offering his wisdom to McGuinty from 2000 to 2002.

TORSTAR NEWS SERVICE

Crime

Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'oh my God, no one else has ever been through this before,'" said Robinson, a spe-

cial constable with the Kativik Regional Police in northern Quebec.

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.



Denise Robinson METRO IN OTTAWA

Without work and a paycheque, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and

fighting for lost pay from the police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

After she decided to make her story public and launch an online petition to protect female officers from abuse and discrimination, she said four female police officers have contacted her to tell their stories about sexual harassment in the workplace.

JOE LOFARO/METRO IN OTTAWA

101.3 THE BOUNCE

15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

Discovered this week:

- ★ Chelsea & Allyson from Halifax
- ★ Madison & Jennifer from Halifax
- ★ Emma & Kara from Halifax
- ★ Jason from Porters Lake

Interactive NINE@9

1013TheBOUNCE.com
info@1013thebounce.com

What does your freedom look like?

You tell us what. We'll show you how.
tellyourfreedom.ca

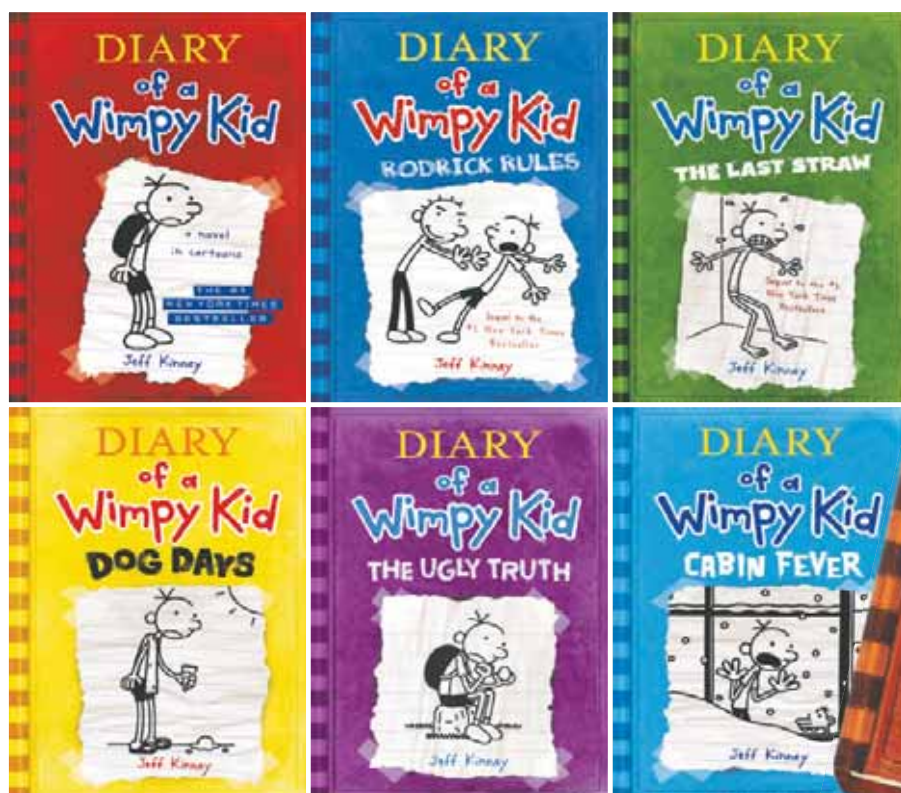


Get the BOUNCE Mobile app here

A Very Wimpy Christmas

NOW \$12 each

(Reg. \$16.95)



AVAILABLE
TODAY!



For ages 8 and up; Relatable, LOL funny
and sure to satisfy the pickiest readers.

IndigoKids

Indigo Chapters indigokids.com

[f](#) [t](#) [p](#) /chaptersindigo

★ ★ ★ **FREE GIFT WRAP** on all kids purchases in-store and online. ★ ★ ★

Available on kids items in-store. Minimum spend of \$59 required online. Some restrictions apply. ©Indigo Books & Music Inc.

Owner wonders if faulty furnace caused fatal blast



Emergency workers work at the site of a home that was destroyed on Sunday by an explosion in Indianapolis. The powerful nighttime blast damaged or destroyed nearly three dozen homes. DARRON CUMMINGS/THE ASSOCIATED PRESS

Blast effect. 80 homes damaged, 31 may be demolished, damage put at \$3.6 million

An enormous blast in the U.S. Midwest that killed two people, obliterated two homes and made dozens more uninhabitable came with no hint of warning, and the homeowner on Monday wondered whether a faulty furnace was to blame.

Fire officials expressed amazement that only two people died late Saturday in the Indianapolis explosion, which rocked several houses

from their foundations. Hundreds of residents evacuated. A fire burned for hours, engulfing dozens of homes.

The owner of the house that exploded, John Shirley, said he received a text message last week from his daughter about a problem with the furnace at the house the girl shares with her mother and her mother's boyfriend.

He said that when he asked if the furnace had been fixed, his daughter said yes, and he wasn't aware of any additional problems until he heard from his daughter again Sunday morning. Shirley said no one was home at the time of the explosion.

Text message

"I get a text from my daughter saying 'Dad, our home is gone.'"

John Shirley, co-owner of the house

The blast flattened the house Shirley co-owns with his ex-wife and one next door that belongs to Jennifer Longworth and her husband, John.

The coroner's office had not yet identified the two people killed in the blast, but a candlelight vigil was held Sunday at the school where Jennifer Longworth teaches.

THE ASSOCIATED PRESS

U.S. retains UN human-rights seat in only contested election

The United States was re-elected Monday to another three-year term on the UN Human Rights Council in the only contested election for the organization's top human-rights body.

The U.S. was competing with four countries for three open seats belonging to the Western Group on the council. Germany and Ireland were also elected by the 193-member General Assembly.

African, Asian, Eastern European and Latin American countries put forward uncontested slates, meaning candidates were virtually

certain of winning one of the 18 open seats up for grabs in this year's election on the 47-member council.

Several human-rights groups have criticized a number of the candidates as unqualified, including Ivory Coast, Ethiopia, Gabon, Kazakhstan, Pakistan and Venezuela.

The five Western nations competing for seats — the U.S., Germany, Ireland, Greece and Sweden — were all deemed qualified by the rights groups.

Argentina, Brazil, Ivory Coast, Estonia, Ethiopia,

Gabon, Japan, Kazakhstan, Kenya, Montenegro, Pakistan, South Korea, Sierra Leone, United Arab Emirates and Venezuela were also elected Monday to three-year terms beginning Jan. 1, 2013.

Former U.S. president George W. Bush's administration boycotted the council when it was established in 2006 because of its repeated criticism of Israel and its refusal to cite flagrant rights abuses in Sudan and elsewhere. But in 2009, then newly elected President Barack Obama sought to join the council. THE ASSOCIATED PRESS



Call the world from your
mobile phone at our
guaranteed lowest rates



India
1000 Minute bundle
only \$10/month

1¢
/minute

Unlimited Canada
Unlimited calling to
anywhere in Canada

\$5
/month



Limited time offer

\$25 FREE

To call anywhere in the world
• No commitments • No contracts



1-866-519-8090
www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Plan is based on competitive lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. \$25 offer promotion is applied 31 per month for 3 months. No minimum usage required. Calls to Services/Global Phones may be billed at a higher rate. Discount usage is governed by our Rate Usage policy to prevent abuse available at www.comwave.net/terms.

Brick acquisition will help Leon's keep lid on costs

Retailing. Companies plan to flex their joint purchasing power

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for \$700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the forefront of our minds is: The economy is difficult; generally, it's not growing, and if it is growing, it's growing very slowly," said Terry Leon, CEO of Leon's, who will head up the combined entity.

"So the best way to grow and to expand is to, if you can, make a purchase that makes



Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

by diversifying their offerings, including through furniture sales, to become more of a one-stop shop experience for consumers.

Leon's and The Brick said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels.

Ken Wong, with the Queen's School of Business, said the blurring of retail boundaries is having a profound impact on the landscape that goes well beyond new U.S. competition.

For example, Leon's and The Brick both sell appliances such as fridges and stoves but increasingly, so do other retailers such as Home Depot, Lowe's and Canadian Tire. Even e-retailer Amazon is thinking of doing the same.

"It's not just about American versus Canadian — it's about getting costs down," Wong said. "Whoever has the lowest cost wins, provided they know what to do with those low costs."

THE CANADIAN PRESS

Market Minute



DOLLAR
100.04¢
(+0.17¢)



TSX
12,191.46 (-5.34)



OIL
\$85.57 US (-50¢)



GOLD
\$1,730.90 US

Natural gas: \$3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

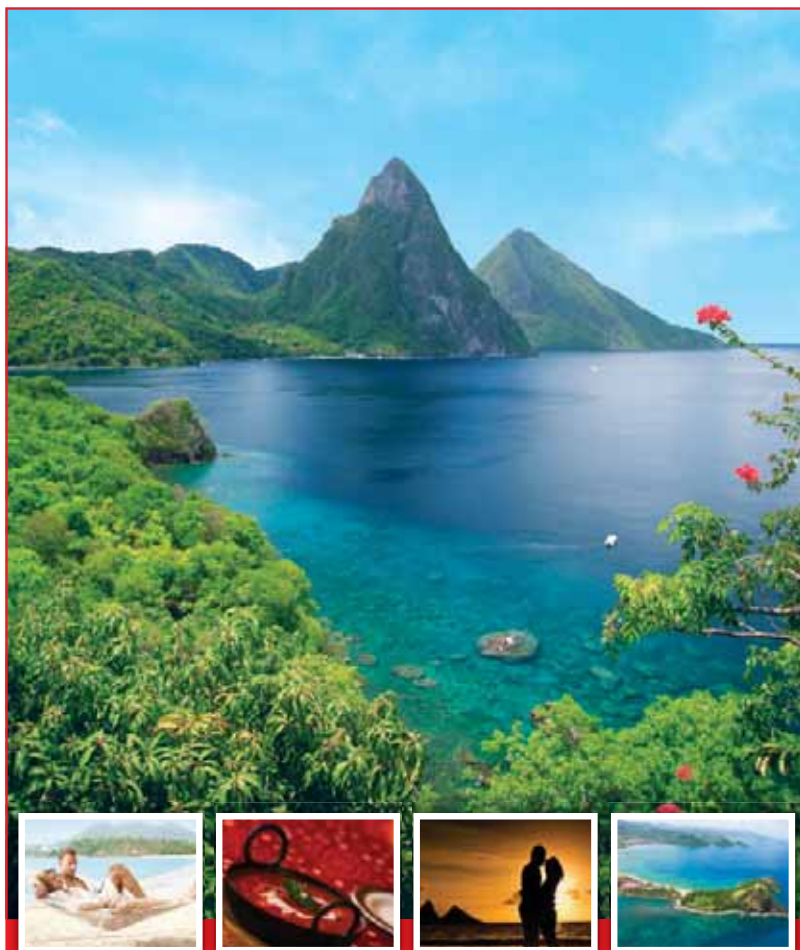
Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

Oman

Tim's opens 20th Gulf states location

Oman has its first Tim Hortons restaurant as the chain expands operations in the Persian Gulf states. It's the firm's 20th location to open in the region since the chain signed a master licence agreement with the Apparel Group last year.

THE CANADIAN PRESS



Winter's almost here and it's time to come up with an escape plan.

YOU COULD WIN a trip for two to escape to Saint Lucia!

There are 2 prizes available to be won and consist of:

- Airfare for 2 to Saint Lucia via Air Canada Vacations
- Seven-night all-inclusive stay at the Morgan Bay Beach Resort, an Elite Island Resort

To register and for full contest details visit **clubmetro.com**

AIR CANADA  VACATIONS

SAINT LUCIA

MORGAN BAY BEACH RESORT
St. Lucia

VISIT
clubmetro.com
TO ENTER

Don't forget to like us on Facebook! facebook.com/clubmetrohalifax



Community Dialogues:

Uprisings and Revolutions in the Arab World

Dr. Donald Bowser

Wednesday November 14, 2012

6:45 — 8:30 pm

Keshen Goodman Library, Clayton Park

Dialogue:

Community Based Learning
Fall 2012

The Importance of Language in the Global Economy

Dr. Charles Beaupre

Tuesday November 27, 2012

6:45 — 8:30 pm

Spring Garden Road Library

*There is no fee, however space is limited so be sure to register!

SAINT MARY'S UNIVERSITY
One University. One World. Yours.

CONTINUING EDUCATION

CONTED.SMU.CA

420.5492

I'LL CRY IF I WANT TO



SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre; I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department-store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry, but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting

strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality-show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three-dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on
Twitter @MetroSheSays



Bad hair day got you feeling frazzled? Don't worry — cry about it. iSTOCK

It's a snake on a plain



FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. **METRO**

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. **METRO**

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud, so we were lucky to get the photos in the end," says Banfi.

METRO

Anaconda's size

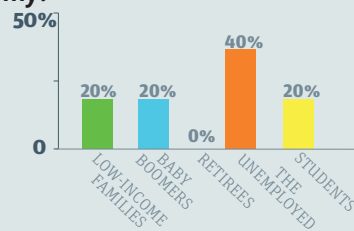
8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, pigs, caiman crocodiles and even jaguars.



Register at metropolitanpanel.ca and take the quick poll

Who is hit the worst in this post-recession economy?



Twitter

@jeffmacarthur:

Can't believe I'm able to sit on my back deck & eat a meal outside in a T-shirt in the middle of the day on November 12th in #Halifax

grees.... It is November right? #Halifax

@Stephen_Gillis:

Nov 12th and it's supposed to go up to 17 degrees today?! Skatepark and coffee shop patios here I come #halifax

@MacHimself:

Hot n sunny today in #Halifax, I will forever be confused by the weather here even though I am a hali-native

@RellevartNS:

Halifax waterfront is a warm and sunny ghost town right now. A nice change.

@Treesa13:

Holy crow its sunny at 14 de-



President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Halifax** Philip Croucher • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Dianne Curran • **Distribution Manager** April Doucette • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO HALIFAX** • 3260 Barrington St., Unit 102, Halifax NS B3K 0B5 • **Telephone:** 902-444-4444 • **Fax:** 902-422-5610 • **Advertising:** 902-421-5824 • adinfohalifax@metronews.ca • **Distribution:** halifax_distribution@metronews.ca • **News tips:** halifax@metronews.ca • **Letters to the Editor:** halifaxletters@metronews.ca

SCENE 2

Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY

scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled *Bruce*, does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of *Bruce* is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.



Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of *Born to Run*, has also recently released a new book on the

Boss.

The book, *Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979* is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after *Born to Run* made him a star. The shots almost look like demo versions of the cover of *Darkness*

on the *Edge of Town*, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

SUPPORT FEED NOVA SCOTIA & SAVE THE HST!

During the month of November, donate a bag of non-perishable food items when you sign up for an annual membership and Dalplex pays the tax! Food will be donated to Feed Nova Scotia Stuff-A-Bus.

(Minimum six food items. Some conditions may apply. Contact Dalplex for details.)

DALPLEX.CA • 494-3372

DALPLEX



K'naan learns love is harder than war

Country, God or the Girl. Somali artist goes inward, uses his tour of Africa to free himself and write about what's important

K'naan arrived on the scene singing about struggles — his hit *Wavin' Flag* was a timely freedom anthem during the 2010 World Cup. But his new record *Country, God, or the Girl* looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "Seeing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening. They were talking about their

lost loves. And that hit me so deeply — how human beings are having the same conversations everywhere, even in times of war and famine. Their favorite songs are always love songs. And I wasn't speaking to them in the place that was most important to them."

The singer says he has come to a conclusion about approaching certain subject matter. "Love is harder than war," he says. The sound of *Country, God, or the Girl* is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

"To progress musically, I had to open myself up," he says. K'naan is also joined by a wishlist of high profile special guests, including Bono, Keith Richards, Will.i.am, Nas and Nelly Furtado. But no matter who is joining him, he says it all comes down to one person: "I've had the chance to write about my experiences in a difficult and violent life. ... But when the suffering and the pain is something that comes from within me,

Quoted

"I've had my chance to write about my experiences in a difficult and violent life"

K'naan

it's harder to react and to write about that."

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do that, but I just prefer there be distance between my being celebrated as an artist and my having something to share. Because ... being idolized on stage and then writing a song could be a little dangerous, I think. But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard time and (so is) your family, all of that, that's the context in which an artist writes. That's when I like to write."

METRO WORLD NEWS



K'naan rose to fame with his World Cup 2010 hit *Wavin' Flag*. HANDOUT

Be taken Home by One Direction

New album. U.K. act's follow-up to successful *Up All Night* is a mix of ballads and upbeat songs to keep the hearts of teenage girls racing

One Direction's sophomore album, *Take Me Home*, comes one year after the group released its debut, *Up All Night*, in the United Kingdom.

The latter, which came out in America just eight months ago, has already sold 1.3 million units and is still in the top 25. The wholesome-looking quintet has joined Justin Bieber in the affections of girls everywhere, with their puppy eyes,

trendy haircuts and rather good voices. And the boy band's new album delivers on the brief, vaguely catchy songs that appeal to both the romantic and the wild side of teenage girls.

The record relies heavily on perky and melancholic guitars, and on romantic invitations like "I want to be your last first kiss" on *Last First Kiss*, which then veer into the leery *Tonight*

Let's Get Some on the very honest and upbeat first single, *Live While We're Young*.

It's full of riffs that haven't been heard since the 1990s boy bands took their final bows. *Take Me Home* is mainly produced by the same folks behind the group's debut, including Rami Yacoub, Carl Falk and Savan Kotecha. English singer-songwriter Ed Sheeran returns, too, co-writing two bal-

Who's on board?

"English singer-songwriter Ed Sheeran returns too, writing two ballads."

lads (*Little Things*, *Over Again*) that break up the overall upbeat peppiness of the disc with

memorable choruses.

The album feels relentless in rhythm, sometimes even during the ballads, with a homogenous sound and message — like a teenage boy who says all the right words in a rush to get what he wants. But this time they're only singing the right words to get to your wallets and adoration. And they're most likely going to get it.

THE ASSOCIATED PRESS



One Direction's latest is called *Take Me Home*. AP PHOTO

YOU COULD WIN
A COPY OF THE **TARANTINO XX**
BLU-RAY™ COLLECTION!

VISIT **clubmetro.com** TO ENTER

AVAILABLE NOVEMBER 20TH
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrohalifax

YOU COULD WIN
A PASS FOR TWO TO THE SPECIAL ADVANCE SCREENING OF
RED DAWN

VISIT **clubmetro.com** TO ENTER

IN THEATRES NOVEMBER 21
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrohalifax

Tickle me surprised: Elmo's right hand man caught in sex scandal

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online. "We met with Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of under-age conduct to be unsubstantiated," a spokesman for Sesame



Elmo and his handler Kevin Clash
ALL PHOTOS GETTY IMAGES

me Workshop says, according to Radar Online. "Although this was a personal relationship unrelated to the workplace, our investigation did

reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined." No date has been given for Clash's return to the show. Clash reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."

Shadow Shepherd

Five year old Shadow is a friendly guy looking for his forever home. He is German Shepherd and Lab mix. Since coming to the shelter, he has enjoyed meeting new people and other dogs; trips to parks; going on walks; and learning new commands. Shadow has completed the B.A. level of the

C.L.A.S.S. training program and would love to show you what he can do for a treat...he is an eager learner. If you would like to take him for a walk, please come into the shelter and say hello.

For more information on Shadow and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



278 Lacewood Drive
Clayton Park
431-8665



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second. The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

ALICIA KEYS

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to



think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

LANA DEL REY

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, HASSELHOFF AND JEPSEN



"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."
—Carly Rae Jepsen

Greene hopes gossip won't get in film's way

Ashley Greene knows that the relationship drama between her Twilight co-stars Kristen Stewart and Robert Pattinson has been getting a lot of attention — especially after Stewart's cheating scandal this summer — but Greene hopes all the hubbub doesn't get in the way of the release of the franchise's final film. "Hopefully it won't taint it and people will still be able to enjoy the movie," she tells Seventeen magazine. "I think a lot of people see us as our characters. I really want them to still be able to do that."



Ashley Greene

The babies still love you Biebs

Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

Believe In Your Future

Become a Vet Assistant in 10 Months

This program is for animal lovers! Our curriculum is taught by veterinary professionals. The mix of business essentials, computer applications, and in clinic training ensures our graduates are ready.

Enrolling now for classes
starting in November and January

MaritimeBusinessCollege.ca

145 Ochterloney Street, Dartmouth
463-6516





Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

Getting that vampire strength

Interview. Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA
MCQUINNNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?

I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some

man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?

I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?

Never ... Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?

I think so ... She'd come out a winner. She'd probably tickle him or something.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more Twilight movies.

Who would you rather date? Kristen Stewart or Bella Swan?

I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know

the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—

If? What are you talking about?

What would you dream of being able to do?

Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?

I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.

I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

What's next for you?

I'm focusing on action movies. I love fighting and shooting guns.

Why?

I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?

Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving — it's one of the scariest things I've ever done — it's life or death down there.

3 TEE

**TIRED OF ER WAITS?
WE CAN HELP**



**Had your Flu Shot?
Come and get
yours today!**

one number for all locations
420-6060

Spring Garden Road
Joseph Howe Drive
Baker Drive
Sackville Drive

Walk In or Call
Same Day Appointments
www.thefamilyfocus.ca



Sleepwalking through life?

Your sleep disorder could be a health condition.

Call our clinic to book your
FREE diagnostic sleep study.

Lower Sackville Clinic
902.864.6076
153 Sackville Dr.

Dartmouth Clinic
902.469.2550
50 Tacoma Dr.

Halifax Clinic
902.446.3556
480 Parkland Dr. Unit #11

We also have clinics in:

• Bridgewater • Saint John
• Truro • Amherst

atlanticsleepapnea.com

**atlantic
sleep apnea**
Awaken your best life.

Nutrition. The vampire diet, according to the vampire trainer

His character in The Twilight Saga may only stomach blood, but in real life, Kellan Lutz likes to keep his diet a little more varied, says his trainer.

"Kellan would load up on egg whites in the morning and have supplement shakes during the day, but his regular meal plan wasn't as balanced as I wanted it to be," said Rich McDonald.

"He upped his protein intake to maintain the muscle mass he was trying to create, but I also made sure he was getting enough vitamins and minerals by making him eat more vegetables. This is something a lot of guys who want to build muscle and get lean tend to neglect. He'd have six to eight small meals a day to keep his metabolism running as high and as fast as possible."

But eating right is only half the battle.

If you want to get that cut look, you have to have the right attitude and right approach.

"It's about waking up and getting your mind in the right place and being happy because then you'll only need to go to the gym for 30 minutes, do a routine that you enjoy and keep your heart rate up," McDonald said.

"I'm not big on cardio or running, but I have intense workouts for 30 minutes, so



Rich McDonald, trainer to Kellan Lutz of the Twilight movies.
HANDOUT



it's fun. I never really do the same routine twice and that keeps it fresh and non-complacent. But really, it all starts with being healthy and staying positive and focused."

METRO WORLD NEWS

Best Health



Don't fear the flu shot. ISTOCK PHOTOS

How to avoid getting the flu



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health magazine, on newsstands now, our regular columnist Dr. Susan Biali shares six habits she has for avoiding colds and flu.

As she says, after more than 10 years in the medical practice and being exposed to everything from swine flu to tuberculosis, she has to

rely on multiple strategies to minimize the probability of getting sick. Here are three of her top six tips.

1. Take a probiotic every day.

In addition to improving digestion and intestinal health, they boost your immunity and can protect you from

colds and flu.

Ask your pharmacist or family doctor for a recommendation if you aren't sure which one is right for you, and follow the recommended dosage on the label, Biali says.

2. Get a flu shot.

There's so much debate over the safety of the flu shot, but Biali really thinks it's a wise choice for anyone who has contact with a lot of people.

"The year I got the flu was the first year since med school that I had delayed getting my flu shot. I've never missed one since."

3. Limit sugar.

Eating sugary or refined-flour-based foods produces bursts of high blood sugar in your body, and that impairs your immune system. Eat fibre-rich whole foods and limit high-sugar snacks and drinks to keep your defences strong.

For the other three tips, pick up the November issue of Best Health magazine.

SCOTIA SQUARE MEDICAL CLINIC

Walk-In Clinic Available

Family Physician
Accepting New Patients
Call 471 1800

Clinic Hours:
Mon-Fri: 8am-4pm

Walk-in Services and
same day appointments

431-1800

You see programs that help your child learn teamwork and social skills; they see a...

CHOO-CHOO TRAIN!

The Little Gym offers a wide variety of classes that help children reach their greatest potential. Structured lessons, unique themes and a nurturing environment build confidence during each stage of childhood.

Call or schedule a free introductory class online.

The Little Gym of North Halifax
www.thelittlegym.ca
1-902-431-KIDS (5437)
127 Chain Lake Drive, Bayers Lake Park

Parent / Child Classes • Pre-K & Grade School Gymnastics • Dance • Karate Sports Skills • Awesome Birthday Parties • Parents' Survival Night Camp

the little gym
Serious Fun.

\$200 CASH ADVANCE FOR \$20

ON FIRST ADVANCE ONLY

CASHMONEY
866.434.2670
CashMoney.ca

Financing terms are high cost loans. When approved, you can get a \$200 cash advance for \$20 on your first advance only. Cash advances are subject to full credit and other qualifications. Repayment of this offer is available 12 week continuous cycle that will keep you working. 1.25% per \$100 for a 12 week term, the cost of borrowing for the advance here is \$1.25 per \$100 for each \$100 advanced for a 12 week term. As such, when this offer, for a loan of \$200 for 12 weeks, the cost of borrowing is \$2.50 with a total advance amount of \$225.00 and APR of 260.17%. Repayment term: weekly or bi-weekly payments and the cost of borrowing for a 12 week term for \$200 would be \$2.50 with a total advance amount of \$225.00 and APR of 260.17%. The maximum advance limit of borrowing under existing loan agreements is \$1,000. Terms 12.1 can reach \$1,000 advanced.

TO CLAIM YOUR FREE ISSUE OF
BEST HEALTH MAGAZINE, GO TO
BESTHEALTHMAG.CA/METRONWS

Alzheimer's disease not just for elderly

Mental health. The disease, which leads to memory loss and confusion, can strike earlier than you thought

CELIA MILNE
life@metronews.ca

Stefania Silvestri was only 14 when her father, John, was diagnosed with dementia.

She remembers going to rent a video with him, and the pain on his face when the cashier asked him for his phone number and he didn't know it.

He was 48.

He died a few years later.

"All of the plans, however small and trivial, were stunted and stopped," writes Silvestri in her book *Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease*.

Silvestri is now 28 and an English teacher in Los Angeles.

In Canada, it has been estimated there are 50,000 people under 50 living with dementia, according to the Alzheimer Society of Canada.

Some of these people have the very rare familial Alzheimer's disease (FAD), which is inherited from a parent.

Others have an early onset of the more common



Quoted

"I learned about the strength of the family and the love you can share, living as best as you can."

Stefania Silvestri
Author of *Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease*

form, which tends to affect people in old age, called sporadic Alzheimer's disease.

When Alzheimer's disease attacks young people like it did Silvestri's father, it has the same characteristics — memory loss, confusion, difficulty thinking — as sporadic Alzheimer's, and it is all the more tragic because it strikes mid-career and while loved ones are young.

Silvestri battled with depression and self-mutilation, but also learned to enjoy moments of togetherness as her family took regular trips back to their homeland — Italy.

"I learned about the strength of the family and the love you can share, living as best you can," she tells Metro.

While there is still no cure for Alzheimer's, support systems are growing stronger, she says.

"My mom didn't have a community. Now there are Facebook groups and websites."



There are lots of support groups now for those touched by Alzheimer's disease. ISTOCK PHOTO

Have dinner on the table in 20 minutes with tilapia



ROSE REISMAN
for more, visit
rosereisman.com

This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F.

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed

lemon juice

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture overtop, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health solutions

Save on produce



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

• Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)

• Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow

cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.

• Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.

• Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!

• You can't beat frozen berries for pies, smoothies and to stir into yogurt.

Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

THERESA ALBERT
IS AN AUTHOR AND ON
CALL, PRIVATE NUTRI-
TIONIST IN TORONTO.
SHE IS @THERESAAL-
BERT ON TWITTER
AND FOUND DAILY AT
MYFRIENDINFOOD.COM



New green side dish in town

Of all the many green vegetables available to us, we tend to be profoundly lacking in inspiration when it comes to selecting one for those big family dinners.

Ingredients

- 1-lb bag frozen shelled edamame
- 2 lbs raw peeled shrimp (thawed, if frozen)
- 1/4 cup olive oil
- 2 tbsp ground black pepper
- 1 tbsp kosher salt
- 1 tsp smoked paprika

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much

higher temperature than most big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

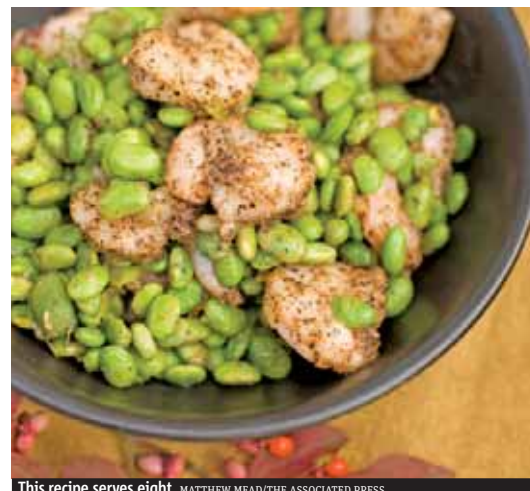
1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place edamame in a medium microwave-safe bowl and microwave for 1 to 2 minutes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

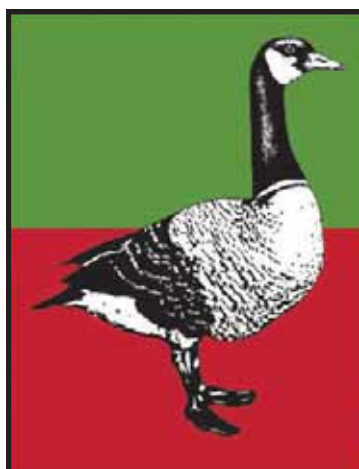
3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, making certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS



DALPLEX CHRISTMAS CRAFT MARKET

NOVEMBER 23-25

WWW.DALPLEX.CA

Mark your calendar for the 28th Annual Dalplex Christmas Craft Market where you'll find the finest juried crafts, holiday decorations, beautiful works of art, and delicious food from across Canada!

Friday, 12:00pm-9:30pm
Saturday, 9:30am-6:00pm
Sunday, 10:00am-5:00pm

DALPLEX

The reasons we fail financially

Alison's money rule.
New survey shows how we really feel about our spending and saving



YOUR MONEY
Alison Griffiths
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you?

Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict

with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example.

But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you



A financial planner can be a broke girl's best friend. iSTOCK IMAGES

on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare

their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide

your financial problems in a closet.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



The Joneses' don't have two nickels to rub together, so why keep up?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

November is financial literacy month for many provinces in Canada.

To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of Wealthy Barber, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of Keeping Up With The Joneses'.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer



What price will Canadians pay to keep up with their spending? iSTOCK IMAGES

pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately \$0.70 of every \$1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit cards at an average rate

of 19.5 per cent and the average Canadian household owes \$40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a \$500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress.

If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and
2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter
@LesleyScorgie



2013
BEST NEW PRODUCT
Voted by Consumers
— Research by BrandSpark —

**YOUR OPINION.
YOUR VOTE.
YOUR FAVOURITE
PRODUCTS.**

YOU COULD WIN

One of two
iPad 3s

OR

One Grand Prize of
\$1,000
cash

OR

One of three
\$250 cash
prizes

BestNewProductAwards.ca/Vote90

**THE 2013 BEST NEW PRODUCT AWARDS.
VOTED BY CONSUMERS LIKE YOU!**

metro

FOCUSING ON FINALS



WAVEBREAK MEDIA/THINKSTOCK

FORMULATE A PLAN WHEN PREPARING FOR YOUR EXAMS

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it," she says.

Most colleges and universities open winter registration at this time of year and

the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed. "Studying in a group was a big thing because when we weren't sure about something, we had somebody there that we could talk with," he says.

Harrison also talks to his professors regularly to ensure he knows what areas are especially important for exam preparation.

He uses the winter break to assess his performance. "It's good to shake the bad habits you may have picked up in the first half and refocus and re-energize for the second half of the year," he says.

— Jon Tattrie

Correctional Worker and Policing Foundations

You'll know what to do.

Graduates of Success College know precisely how to prevent this from happening. We promote verbal intervention skills while teaching effective defensive control tactics.

1-888-809-2472
successcollege.ca



Success College
Get Ready.





SAINT MARY'S UNIVERSITY PHOTO

THE IDEAL DEGREE

BA FROM SAINT MARY'S IS ATTRACTIVE OPTION

In today's society, some people question the value of getting a bachelor of arts (BA) degree. However, in many ways, a BA is an ideal degree to have to deal with the rapid pace of change that takes place on a daily basis in our world.

Esther Enns, the dean of arts at Saint Mary's University, says there are many things about the BA that make it an attractive option, such as how it helps people develop broad knowledge, big-picture and creative-thinking skills, and the ability to see a situation from many different angles.

With a BA, students learn a particular set of skills, regardless of the discipline they are studying.

"What they are learning are the skills

of doing research, analyzing information, looking at it logically, knowing how to argue the facts from different angles and how to communicate this," Enns says. "These are a set of skills that are critical for any type of career."

Because of this, the skills students learn can be easily transferred and applied to different careers.

"Their skills in research, analysis and communication make them highly employable across a wide range of fields," Enns says. "Employers find them promotable and they earn more in the long run."

To enhance the value of the BA at Saint Mary's, the university has an optional co-op program available for all majors in the arts faculty. This program provides students with up to three paid work placements over the course of their studies.

Saint Mary's has the largest selection of arts majors in the Maritimes.

CORRECTIONS CAN OFFER BRIGHT CAREER PROSPECTS

FIND OUT HOW AT SUCCESS COLLEGE

For people thinking about a career in the field of corrections, there are a number of factors coming together that are boosting opportunities for employment.

One is the Harper government's tough-on-crime approach; it has committed to building 2,700 new jail cells in correctional facilities across the country.

"Realistically, it's going to create a lot more job opportunities," says Greg McCamon, an instructor with Success College's correctional worker and policing foundations program.

To add to this, the corrections workforce is aging, which is something McCamon saw first-hand when he retired from the field two years ago. McCamon worked in the corrections field for 27 years.

He says in the short time he has been retired, there have been many career openings alone at the facility



SUCCESS COLLEGE PHOTO

where he used to work.

Success College's correctional worker and policing foundations program is 14 months long and includes 320 hours of on-the-job training.

The next program at the Lower Sackville-based college will begin in March and McCamon is one of three instructors for the program. Between him and the other two instructors (who teach the policing foundations portion of the program and come from backgrounds in municipal and federal policing), they have a combined total of about 90 years of industry experience.

Another benefit of the program is that it trains its students to work in a variety of industries. Career options include working in correctional facilities, public policing agencies, military police, private industry, sheriff's services, and the security industry.

Valuable Education. Valued Degree.



Discover more than 130 graduate programs including interdisciplinary degrees in oceans, health, environment, management, and health informatics. Experience a dynamic environment enriched by more than \$136 million in funded research annually.

Prestigious graduate education in Canada's leading east coast city.



Graduate Studies

We're rolling out
the red carpet for you!



OPEN HOUSE

November 17 | November 23

Learn more at smu.ca/openhouse



SAINT MARY'S
UNIVERSITY SINCE 1802

One University. One World. Yours.

MAKE A MONEY RESOLUTION

CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at “money resolutions” and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and

community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle



on their money so they can live the life they want, will deliver the event’s keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV’s consumer affairs expert Pat Foran, while David Chilton, star

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth \$4,000, Trina Brooks from London, Ont., took home \$3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth \$1,000.

of CBC’s Dragons’ Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

**THANK YOU TO OUR
CREDIT EDUCATION WEEK
CANADA 2012 SPONSORS**



THANK YOU CEWC SPONSORS.

Platinum Sponsors



Gold Sponsor



Silver Sponsors



TD Canada Trust



studentawards.com

Bronze Sponsors



THE WILD AND WOOLLY TRUTH ABOUT CREDIT.



IT'S NOT THAT WILD. OR WOOLLY.

Credit is easy to understand when it's explained properly. In simple terms. That's where **understanding-credit.ca** comes in. With videos, tools and resources, you can make sense of what's really going on.

Educate yourself at
UNDERSTANDING-CREDIT.CA

BROUGHT TO YOU BY



PROUD TO BE A FOUNDING SPONSOR OF CREDIT EDUCATION WEEK CANADA.

KICKING HER TO THE CURB

JULIE-LAURENCE LAFORTUNE CHOOSES TO END A RELATIONSHIP WITH HER CREDIT CARD

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and

GRAND PRIZE WINNER (\$4,000)

followed it with unbridled discipline.

She finally took me out one day but it just wasn't the

same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.



RBC Royal Bank

Smaller debt. Bigger smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Advice you can bank on™



Or scan here using your
mobile device to learn more.



*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

WagJag.com

GET DEALS ON THE GO!



IPHONE APP



ANDROID APP

50-90% Off Local Daily Deals



Buy For:

\$19

\$19 FOR \$50 TOWARDS PERSONALIZED CHILDREN'S BOOKS FROM PERSONALIZED BOOKS ONTARIO

PERSONALIZED BOOKS ONTARIO

MULTIPLE OPTIONS AVAILABLE

UP TO 70% OFF SWAROVSKI ELEMENTS JEWELLERY
STARLITE ACCESSORIES



BUY FOR: \$66

51% OFF A MAPLE SYRUP GIFT BOX
JAKEMAN'S MAPLE FARM



BUY FOR: \$29

84% OFF A WRAP BRACELET
VICTORIA EMERSON



Cruise through the Mythical Islands of Greece
RCI Splendour of the Seas, Greek Isles Cruise

\$839 Buy before November 15, 2012

+ \$89 TAX (INCLUDES PORT TAXES)

Follow us: facebook.com/GoJaunt
 @GoJaunt

• Price per person, based on double occupancy • Departure Date: 9/7/2013
• Exclusively provided by Encore Cruises
All offers subject to availability & other conditions. Please visit www.jaunt.ca for details.



Fulfillment services provided by Jaunt.ca Inc.
890 King Street West, Suite 400, Toronto, Ontario, M5V 1M3
TICO Registration No.: 50020132

Visit: **WagJag.com**

Follow us:



facebook.com/wagjag
@wagjag

Huskies turn the page on a challenging season

AUS football. Halifax loses to Axemen in Loney Bowl for a second straight year



MATTHEW WUEST
matthew.wuest@metronews.ca

As the Saint Mary's Huskies turn the page on a challenging season, Perry Marchese has one wish.

"I sincerely hope it gets easier," said Marchese after wrapping up his first season as a head coach on Saturday. "If it doesn't, I might lose my mind."

The Huskies' season ended in a hard-fought battle to the Acadia Axemen in the Loney Bowl Atlantic University Sport football final at Raymond Field in Wolfville, a 17-9 defeat that was a one-point game with seven minutes to play.

Saint Mary's conceded two safeties and allowed a field goal as Acadia pulled away, while quarterback Jean Legault was unable to move the ball through the air all day, completing just one pass for a loss of five yards.

"Some of the things we weren't good at all year just really came back to haunt us, and that was our inability to throw the ball consistently," Marchese said.

Marchese, a former CFL assistant coach with the Toronto Argonauts and Hamilton Tiger-Cats, got the job in late February after Steve Sumarah was fired, putting him well behind schedule on the recruiting front and in the implementation of off-season training programs.

Meanwhile, he faced fallout from returning players



Saint Mary's running back Michael Dawes is engulfed by Acadia defenders in Sunday's Loney Bowl in Wolfville. ANDREW VAUGHAN/THE CANADIAN PRESS

over Sumarah's controversial departure, most notably losing prized quarterback Jesse Mills via transfer.

Once the season began, the Huskies overcame an 0-3 start to squeak into the playoffs at 3-5, but were plagued with injuries, including those to three fifth-year starters — quarterback Jack Creighton, receiver Jahmeek Taylor and defensive lineman Rob Jubenville.

"There were a lot of challenges," Marchese said. "There were a number of

Quoted

"We'll probably take a look at our roster and what happened, the number of guys we lost and see if there's something we can do different in our training or in our practices to make sure we're healthier."

Huskies head coach Perry Marchese on the rash of injuries that marred the Huskies' season

things happening that are not typical of a first-year coach, but everything that happened will make it easier and better next time

around."

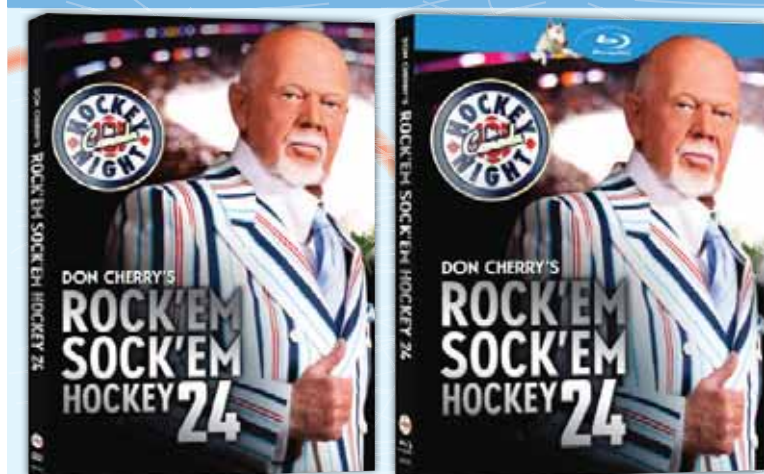
The Huskies have help on the way at the quarterback position, with former Sackville Kingfishers high school

star and Western Mustangs transfer Ben Rossong available to start after a red-shirt campaign.

Smash-and-dash running backs Michael Dawes and Melvin Abankwah are back for third seasons, and Marchese's top off-season recruiting priority is to add more depth and talent to his offensive and defensive lines.

"I'm really looking forward to getting some great student-athletes next year and competing our butts off," Marchese said.

4 SPORTS



YOU COULD WIN A BLU-RAY™ COPY OF DON CHERRY'S ROCK 'EM SOCK 'EM HOCKEY 24

ON DVD, AND FOR THE FIRST TIME, BLU-RAY, ROCK 'EM SOCK 'EM 24 INCLUDES ALL THE BEST HITS, SAVES, AND GOALS FROM THE 2011-2012 HOCKEY SEASON!



AVAILABLE TODAY!

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrohalifax



NBL Canada. Rainmen seek revenge vs. Miracles

Halifax Rainmen star guard Joey Haywood is looking to exact some revenge on the Moncton Miracles come Saturday.

"We'll get 'em," said the six-foot-one Saint Mary's Huskies product after his squad's 90-86 home-court breakdown against the New Brunswick club at the Metro Centre on Sunday.

The Rainmen, who host the Miracles again on Saturday at the Metro Centre, were hoping for a sweep at home after beating the Saint John Mill Rats 105-96 on Saturday. Instead they've fallen below .500 with a record of 2-3.

After three tight quarters, where both teams exchanged leads, the Rainmen came out on fire on both ends of the floor in the fourth stanza. Quincy Okolie's basket gave the Rainmen a brief seven-point lead with 6:17 to go.

That's when the wheels fell off. Halifax's big man Antoine

Tisby managed to tie the contest at 81-81 with 3:30 to go. But the Mill Rats pulled away from there.

"We didn't do the fundamentals right; it's that's simple," said Haywood, who ended the contest with 14 points. "We have to get the rebounds. Moncton, especially late in the game was grabbing three and four in a row. It's all mental. We're a good team. We just can't lose our composure like that."

Rainmen guard Darren Duncan collected a team-high 16 points.

"We couldn't get stops," Duncan said. "We weren't able to score with them late. We have to be mentally tough enough to get down on defence and get stops when fatigue might set in. But, no question, talent isn't a question. Mentally, we have to get in the rhythm." **ANDREW RANKIN/METRO**



Rainmen head coach Cliff Levingston addresses his players on the bench on Sunday. **ANDREW RANKIN/METRO**

Tough foes await Mooseheads at home

QMJHL. Herd goes 2-1-0-1 during 10-day road trip



MATTHEW WUEST
matthew.wuest@metronews.ca

After collecting five of a possible eight points on a 10-day road trip, the Halifax Mooseheads return home to a fresh challenge.

The first-place and nationally top-ranked Mooseheads, 17-2-0-1, play their next four games at the Metro Centre, but two of them are against opponents with better records than any team they've faced all season.

The fifth-place and nationally eighth-ranked Rouyn-Noranda Huskies (13-6-0-1) visit on Friday at 7 p.m., while the fourth-place Baie-Comeau Drakkar (14-4-0-2) visit the following week on Wednesday.

"Being ranked No. 1 in the country, we were a target before and we're an even bigger target now," said Mooseheads head coach Dominique Ducharme. "We've got to be even better now because teams are going to be ready for us."

The Mooseheads, who went 2-1-0-1 on their longest road trip so far this season, are coming



Mooseheads goaltender Zach Fucale. **METRO FILE**

off a 5-4 loss to the Victoriaville Tigres on Saturday. Ducharme said the Mooseheads played "10 really solid periods" out of 12 in the four road games.

"The two times we didn't, they were the difference in the games," he said.

With an extended stint at home, Ducharme said the Mooseheads will have more time to practice and focus on

improving the finer details of their game.

"It was hard this week on a 10-day trip to have videos and teaching and correcting little details and I think it showed up a little bit," Ducharme said. "At the same time, we're in November and it was a long trip. Maybe mentally we were a little bit tired. It's going to be nice to be back home."

Upcoming home games

Friday, Nov. 16 vs. Rouyn-Noranda, 7 p.m.; Sunday, Nov. 18 vs. Val-d'Or, 4 p.m.; Wednesday, Nov. 21 vs. Baie-Comeau, 7 p.m.; Friday, Nov. 23 vs. Cape Breton, 7 p.m.

Lockout on minds of 2012 Hall of Fame inductees



Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure on Monday in Toronto. **NATHAN DENETTE/THE CANADIAN PRESS**

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another dark period brought on by another labour dispute, Sakic reflected on the year that never was on the day he took his place among hockey's greats.

"I lost a year of hockey,"

Sakic said Monday prior to the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sundin and Adam Oates were also in the NHL when the last lockout hit while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup during his career and can't help but wonder what could have been had the 2004-05 been played. His Maple Leafs were on a run of six consecutive

Negotiators attend

Commissioner Gary Bettman and NHLPA executive director Donald Fehr, both attended Monday night's ceremony.

- Bettman referred to "difficult times" after paying tribute to the inductees in a speech.

playoff appearances before that work stoppage.

"It was awful," said Sun-

din. "I think it's devastating."

While all four of the inductees seem to have thoroughly enjoyed their induction weekend, the current lockout made it a more subdued affair than usual. They were to have been honoured at Air Canada Centre prior to a scheduled Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

THE CANADIAN PRESS



Steve Fehr, special counsel to the NHLPA. **GETTY IMAGES FILE**

UNDER COATING

\$69.95

Most vehicles

Major Discount
COMPLETE AUTO SERVICE

10 Elsenner Blvd
off Portland St, Dartmouth
435.9994

4 TIRE CHANGE OVER

\$59.95

Most vehicles

NHL

Steve Fehr: Three issues remain for CBA agreement

A new NHL labour deal might not be as far off as it seems.

Steve Fehr, special counsel to the NHL Players' Association, believes the collective bargaining

agreement can be wrapped up in a hurry once the sides make a breakthrough in negotiations.

"One thing (deputy commissioner) Bill Daly and I agree upon is that when the moment is right the deal could be done very quickly," Fehr said Monday during a panel discussion at the PrimeTime Sports Management Conference. "One day, three days or whatever."

Asked later if he agreed with that assertion, Daly replied: "I hope he's right."

Representatives from the NHL and NHLPA have met seven of the last nine days, but no future talks are planned. Fehr told the panel that three issues remain to be solved: the split of money, player contract rights and who pays for the damage caused by the lockout.

THE CANADIAN PRESS

HELP WANTED

Seeking Employment

A convenience store is hiring a Store Manager. Full-time position with \$20.19 an hour for 40 hours a week. To apply: send resumes to seavendreamart@hotmail.com

Management

Property Manager

A self-starter with several years' exp. in property management. Reporting to the Senior Property Manager, you will oversee approx. 1,500 units located in Nova Scotia. Please apply stating the position of interest in the subject line, to: jobs@metcap.com

HOUSEHOLD SERVICES

Trades

FINISH CARPENTER

30 years exp. of home construction renovations, additions, kitchens, bathrooms, flooring, stairs, railings, crown moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
<http://users.eastlink.ca/~lyndelmunro/>

Movers

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

Junk Removal

TIME TO TOSS IT

Debris removal, estate clean ups, small demos, unit clear outs, basements, yards & construction. **902-449-0232**

HEALTH & BEAUTY

Hair & Makeup

House of Beauty



Professional Hair Salon
Creative Hair & Colour
2785 Windsor Street,
Halifax

Call Naomi & Salma today!
902-455-2180

15% Student & Senior discount on Tuesday's & Thursday's



MERCHANDISE

Consumables

PENG'S CHOP SUEY



Chinese & Thai Cuisine
Eat In & Take Out
Lunch Specials \$5.99!
Free delivery in Sackville
Find us on Facebook!

622 Sackville Dr
902.252.8868

Antiques & Art

Looking For Old Costume Jewelry Looking for old costume jewelry, watches, old dolls and toys. Also interested in estate jewelry.
Call 443-6014

Fitness

FREE TO PARTICIPATE!

Learn how to lose weight and keep it off!
Next online challenge starts
Tuesday, November 27th.
The "biggest loser" wins \$250.00!
Contact me today to register:
Natasha @ 902.476.1180

Consumables

Erin's Sweets N' Things

• Fresh Baked Goods
Made from scratch
• Coffee & Tea
• Homemade Biscuits
try with our fresh cheese



• Cupcakes & Cakes
• Bread Baked Daily
• Custom Orders
• Great for the home or treat the office!

546 Sackville Dr • 902-252-3746

Merchandise for Sale

Great Elliptical Machine - Freestyle Gazelle. \$75. Great condition! Very sturdy frame. Folds flat. Electronic tracking (time/dist/cals). New cost over 200. 463-2907. \$75

Guardian 911 Personal Alarm System
Wear around neck or on belt. No contracts or monthly fees! Cost \$230 +. New in box, never used. \$85.00 902-463-2907

SERVICES

Massage/Therapists

John Panter, Certified Rolfer™



Are you tired of chronic pain...?

902 425 2612 • fareast@auracom.com

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Consumables



RENTALS

Apartments Unfurnished

GLADSTONE NORTH



NOW RENTING

"The best things in Life are right outside the door"

- One, one + den, two, two + den three bedroom suites available
- Six Premium Appliances including Washer/Dryer
- In-suite Air Conditioning
- Large Corner Windows for Maximum Natural Sunlight in most suites
- Walking Distances to all Amenities; on Bus Route
- Private Large Balconies
- Fully Secure Building with Keyless Entry
- Executive Penthouses Available
- Roof Top Garden
- Environmentally Friendly Features
- Bright In-door Parking
- High-Quality Laminate Floors (Made in Canada)

Located at Almon & Gladstone

Call Doreen Mallon: 830 4300 • GladstoneNorth.ca

LOOKING TO MAKE A CAREER CHANGE?

Read metro^{work} every Monday & Wednesday.

Apartments Unfurnished

Apartments Unfurnished

Apartments Unfurnished

Apartments For Rent

"We take care of our residents. Try us and see!"
902.461.HOME(4663)

Dartmouth Apartments

175 Albrow Lake Rd
Bach \$540
1 BR \$619
2 BR \$725

356 Windmill Rd
1 BR \$599

6 - 16 Nivens, 77 Farrell,
15 Middle St.

All Utilities Included
Bach \$535
1 BR \$599

Book your viewing
appointment today!
Call Mack at 402.3894
Or Teddy at 441.0354

11 Glenview
Bach \$536

141 Albrow Lake Rd
2 BR \$699

Book your viewing
appointment today!
Call Teddy at 441.0354
Or Anne Marie at 401.7318

31 & 35 Highfield Park Dr.,
11 Joseph Young Dr.

1 BR \$566
2BR \$619

Book your viewing
appointment today!
Call Olga at 402.2915
Or Anne Marie at 401.7318

MOVE IN SPECIAL!

1 MONTH FREE RENT*
Ask about our pet
friendly apartments

*13 month lease
Offer expires Dec. 31, 2012

Can't get a hold of us? Call our help line at 1-877-638-2271
or email us at leasing@metcap.com

36 - 36A & 60 Primrose

Bach \$545
1 BR \$569
2 BR \$649

Book your viewing
appointment today!
Call Mack at 402.3894

65 & 81 Primrose

Bach \$479
1 BR \$579
2 BR \$679

Book your viewing
appointment today!
Call Lynne at 402.6287

2 & 4 Franklyn Crt,

1-10 Crystal
Bach \$499
1 BR \$579
2 BR \$711
3 BR \$745

15/25/35 Leaman

Bach \$540
1 BR \$645
2 BR \$743

87 Pinecrest Dr,
1-3 Farthington Place

1 BR \$549-569
2 BR \$659-689

Book your viewing
appointment today!
Call Lynne at 402.6287
Or Olga at 402.2915

Halifax Apartments

1 & 11 Drysdale Rd.
22-40 River Rd
1 BR \$511

Willowbend Court
Glenforest & Willet St.
2 BR \$799
3 BR \$914

Book your viewing
appointment today!
Call Teddy at 441.0354

realstar management

it's your home

Ask about our rental incentives

Halifax

Halifax Apartments

1 & 2 BR
1881 Brunswick Street
(902) 422-5747

MacDonald Apartments

1 & 2 BR
5885 Cunard Street
(902) 422-5033

5770 Spring Garden Rd

1 & 2 BR
(902) 422-5254

Clayton Park / Bedford

Stonecrest Village

1 & 2 BR
80 Chipstone Close
(902) 457-3600

Bedford Heights

1 & 2 BR
22 Bedros Lane
(902) 431-8028

For more information visit:

realstar.ca

Gotta old couch you wanna get rid of?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

REAL ESTATE

Houses For Sale



Houses For Sale



Houses For Sale

Stonington Park

BEST
PRICING
NOW!

Shaughnessy HOMES PRESENTS...

THE BALLANTYNE

Lowther Lane



UPPER LEVEL



MAIN FLOOR



LOWER LEVEL

Contemporary Urban Living
attuned to your every need & desire.

- Natural Gas
- 3 & 4 Bedrooms
- 3.5 Baths
- Master Ensuite with Soaker Tub & Separate Shower
- Granite Countertops



Kristy Burchell
880-9995

Ken Chen
488-4513

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 dining room set - 6 chairs (2 capt), table with ext. Light birch wood. Matching buffet, hutch with wine rack. Priced to sell at \$2000 or will separate 902-407-9735

Baby Clothes, excellent condition. Some never used. Infant -12 mon in sizes. Also wooden crib in ex. cond Call for prices 902-455-1265

Fish tank 5 gallon Comes with all accessories \$60.00 Firm 902-435-3493

Limited Edition 2 - 1 cent coins 2012 A - 5 ounce silver, mintage \$1500 B - 1 cent gold. Call 902-463-0922

Set of Lamps...Low light Asking \$20.00 (902)431-8541

Two Steel Doors with mirror - \$50 each Two storm doors, white, 32x80, \$30 each Call (902)435-0755

12 ft Sun Dolphin Boat 3HP Everoots Motor Both for \$700 902-404-8291

BRAND NEW - Roll away cot. Paid \$100. Selling for \$50. Call (902)477-7931

For sale: Large Elite Travellers Plus Scooter \$650 firm. Cash only. Call Cliff (902)453-1442

Motorcycle Storage, \$250 for winter. Heated garage, near Mic Mac Mall. (902)456-8640

Storage trunk good condition \$45.00 902-477-0392

Unframed Degarth Print \$5.00 902-404-0879

2 inch Reece Heavy Duty Hitch \$75 firm Call (902)469-3520

Danby Bar Fridge, White. 3.2cubic Ft. 33" H x 17" W x 18" Deep \$60 Call (902)477-7931

Ladies ex long, mis calf chocolate leather coat. Single breasted. Paid \$600 Asking \$70.00 Ex. Shape Size 12 902-462-2851

Porter Airline Credit For Sale Good for anywhere Porter flies until Feb 2013 902-435-3493

Table and 4 chairs, chesterfield, chair and 3 end tables. Call for prices and more info 902-865-6496

Window Swag Jabots - Floral print, colors: cream, blue, green, gold. Designer made. Fits 90" opening. Incs. wall bracket \$40 OBO Call 902-462-2851

4 Uniroyal Winter Tires 225/60 R16 Used 1 season. Asking \$250.00 902-471-5636

Electric Fireplace 46x 5ft x 18 deep Cherry wood. Was \$899.99 Will take \$375 OBO 902-407-9735

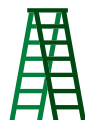
Ladies Long Brown Coat with belt Size 12. Like new! \$55.00 902-835-8148

Samsung Flip Phone Bell Network, very little use. \$30.00 902-456-8640

Table Top Brother Sewing Machine \$40.00 OBO 902-445-8121

Yamaha Keyboard, model PSR225GM 61 Keys, carrying case & stand. Paid \$250. Will sell for \$60. Exc. condition. Call (902)405-1113

Sharability



easy

hard

Horoscopes

Aries

March 21 - April 20

This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

Taurus

April 21 - May 21

If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

Gemini

May 22 - June 21

A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

Cancer

June 22 - July 23

The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

Leo

July 24 - Aug. 23

Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

Virgo

Aug. 24 - Sept. 23

Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

Libra

Sept. 24 - Oct. 23

Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

Scorpio

Oct. 24 - Nov. 22

Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

Sagittarius

Nov. 23 - Dec. 21

You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

Capricorn

Dec. 22 - Jan. 20

Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

Aquarius

Jan. 21 - Feb. 19

You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

Pisces

Feb. 20 - March 20

What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. **SALLY BROMPTON**

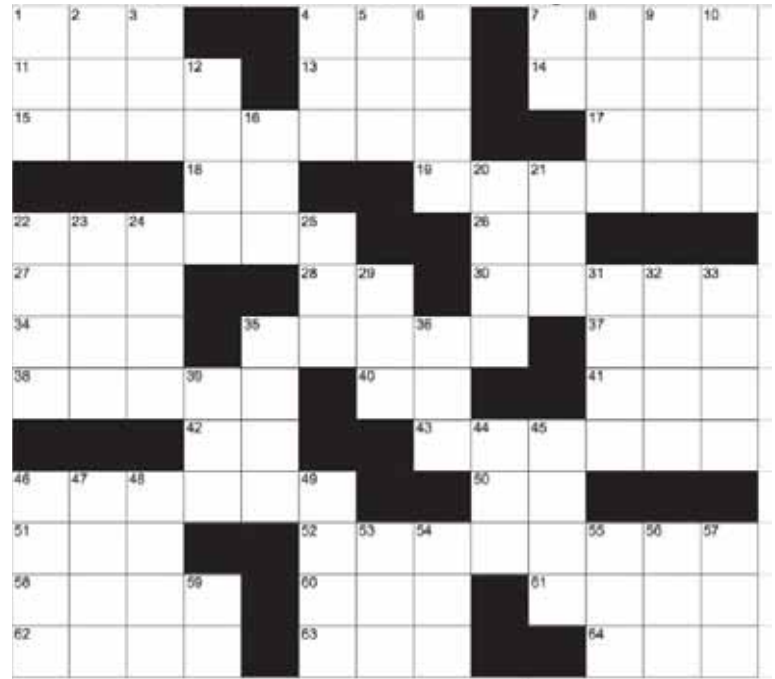
Canadian Crossword

Across

- House site
- Pub
- Proofreaders word
- Type of code
- Life to Live
- Practice
- Party favours
- Participated in a marathon
- Exclamation of pain
- Stenographer, of old
- Grieve
- Shoe width
- Bargain basement abbr.
- Hospital waiting rm.
- Slip-up
- Personal info.
- Annoyed (2 words)
- Meadow
- Reeds
- the World Turns
- Type measures
- Battery size
- Left to the heir, often
- Probes
- My — Called Life
- Web ending
- Salve
- Laze
- "Rain —"
- Baseball stat.
- Day after Mon.
- Compass bearing
- Born

Down

- Found on CSI: Miami
- Openings (anat.)
- Aviv
- Casper greeting
- Columnist Landers
- Take a breather
- Jr.'s dad

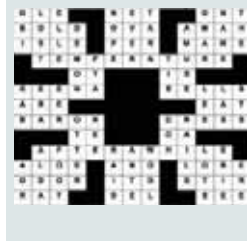


- & Dean: Inn Love
- Airport info.
- Camping equip.
- Salve plant
- Possess
- Puppy sound
- Small pod veggie
- Teases
- A great lake
- Gentle push
- Golf gadget

- MacGyver star (init.)
- Appeal
- Transmitted
- Luxury
- Tremendous victory
- Utilize
- Corner —
- Now grounded fast flyer
- Heavy volume
- Give in your notice
- Language of Pakistan

- Fashion magazine
- " — Like it Hot"
- McShane or Ziering
- Wind direction (abbr.)
- Sea eagle
- Negative vote
- Toronto Stock Exchange (abbr.)
- 19th letter of the alphabet

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

7	8	1	3	9	6	5	2	4
9	5	6	2	4	7	1	8	3
3	4	2	8	5	1	9	6	7
4	9	7	1	8	3	2	5	6
6	1	8	5	2	4	3	7	9
2	3	5	7	6	9	4	1	8
1	7	4	6	3	2	8	9	5
5	6	3	9	1	8	7	4	2
8	2	9	4	7	5	6	3	1

Today

17°/4°

Showers

40%

Wednesday

6°/4°

Rain

70%

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network | HD

©The Weather Network 2012

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

FLIGHT CENTRE *Unbeatable*

St John's 2 Nights 4-Star

\$159 pp

INCLUDES accom near Signal Hill. Travel Nov 21/ggv.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex: Halifax. Price is per person based on quad occupancy (2 adults & 2 kids ages 2-17). All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air, pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

1,000+ WAYS TO LOVE YOUR KIA.

That's the Power to Surprise.



2013

SORENTO



ELECTRONIC STABILITY CONTROL



BLUETOOTH CONNECTIVITY*

Sorento SX shown⁺

INCLUDES

OWN IT FROM
\$158⁺
BI-WEEKLY

WITH
\$0
DOWN

AT
1.49%
APR

FOR UP TO
60
MONTHS

EVERYBODY WINS⁺
\$1,000



% —FINANCING ON—
2013
SELECT MODELS



TO THE 2013 SORENTO LX AT AWD:

FOR AN EXTRA
\$11⁺
BI-WEEKLY

WINTER READY
FEATURE:
 ALL-WHEEL
DRIVE

INCLUDES

EVERYBODY WINS⁺
\$1,000

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$8,070 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829, **\$500 LOAN SAVINGS⁺** and **\$1,000 EVERYBODY WINS SAVINGS⁺** BASED ON A PURCHASE PRICE OF \$28,724. Offer based on 2013 Sorento LX AT.



7 PASSENGER SEATING AVAILABLE

2012

RONDO

Rondo EX-V6 Luxury shown⁺

INCLUDES

WAS
~~**\$22,824**~~

SALE PRICE
\$16,574⁺

EVERYBODY WINS⁺
\$1,000



Offer includes delivery, destination, PPSA and fees of \$1,829, **\$5,250 CASH SAVINGS⁺** and **\$1,000 EVERYBODY WINS SAVINGS⁺** BASED ON A PURCHASE PRICE OF \$22,824. Offer and features based on 2012 Rondo LX with AC.



2013

FORTE SEDAN

Forte SX shown⁺

INCLUDES

OWN IT FROM
\$91⁺
BI-WEEKLY

WITH
\$0
DOWN

AT
0.9%
APR

FOR UP TO
60
MONTHS

EVERYBODY WINS⁺
\$1,000



STEERING WHEEL AUDIO CONTROL



BLUETOOTH CONNECTIVITY*

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$4,683 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,534, **\$500 LOAN SAVINGS⁺** and **\$1,000 EVERYBODY WINS SAVINGS⁺** BASED ON A PURCHASE PRICE OF \$17,529. Offer based on 2013 Forte Sedan LX MT.



The Power to Surprise



WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

KIA ENTERS THE TOP 100 GLOBAL BRANDS.

Best Global Brands 2012



Military Benefit
First Time Buyer
Grad Rebate
see dealer for details

LIKE US ON TO LEARN MORE.

facebook.com/kiacanada 127,000+ Likes



Atlantic Kia dealers for Atlantic drivers.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by November 30th, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. *0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Rio5 LX MT (R0551D) based on a selling price of \$15,729 (includes \$1,000 Everybody Wins savings, delivery and destination fees (\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable)) financed at 0% APR for 36 months. 78 bi-weekly payments equal \$89 per payment with a down payment/equivalent trade of \$0. License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *Every eligible contestant will win (subject to correctly answering a skill-testing question) an Instant Win prize consisting of a discount in an amount from \$1,000 to \$10,000 towards the purchase or lease of any new 2012 or 2013 Kia vehicle. One Grand Prize consisting of a \$25,000 cheque will be randomly awarded from among all eligible contestants at the conclusion of the contest. No purchase necessary. Contest open to Canadian residents with a valid driver's license over the age of majority. Odds of winning vary by prize and by region. See kia.ca or your participating Kia dealer for complete contest rules. *Bi-weekly finance payment (on approved credit) for new 2013 Sorento LX AT (SR758D)/2013 Sorento LX AWD (SR75CD)/2013 Forte Sedan LX MT (R0540D) based on a selling price of \$28,724/\$30,624/\$17,529 is \$158/\$169/\$91 with an APR of 1.49%/1.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,070/\$8,633/\$4,683 plus applicable taxes due at end of 60-month period. Offer includes a down payment of \$0, \$1,000 Everybody Wins savings, \$500 loan savings, delivery and destination fees (\$1,650/\$1,650/\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *Loan savings for 2013 Sorento LX AWD (SR75CD)/2013 Forte Sedan LX MT (R0540D) is \$500 and is available on purchase financing only on approved credit. Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. *Cash purchase price for 2012 Rondo LX with AC (RN750Q) is \$16,574 and includes a cash savings of \$5,250 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers) and \$1,000 Everybody Wins savings. Includes delivery and destination fees of \$1,650, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Based on the Manufacturer Suggested Retail Price of \$22,824. Retailer may sell for less. Available at participating dealers. See dealer for full details. *\$5,250 cash savings on the cash purchase of an eligible new 2012 Rondo LX with AC (RN750Q) from a participating dealer between November 1 - November 30, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. *Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD (SR75XD)/2013 Forte SX Luxury AT (F074XD)/2012 Rondo EX V6 Luxury (RN758C) is \$45,045/\$27,150/\$28,945. Includes delivery and destination fees of \$1,650/\$1,455/\$1,650 and A/C charge (\$100, where applicable). License, insurance, applicable taxes, PPSA, other fees and certain levies (including tire levies), variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. The First Time Vehicle Buyer Program offer is available on approved credit to eligible retail customers who finance a select new 2012/2013 Rio 4 door, 2012/2013 Rio 5 door, 2012/2013 Forte Sedan, 2012/2013 Forte Coup, or 2012/2013 Soul. Eligible purchase finance customers will receive a credit in the amount of five hundred dollars towards the purchase of their new vehicle. Some conditions apply. See your dealer for complete details. Offer ends January 2nd, 2013. *The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.